



State of Iowa Employees

JOIN The YMCA of Greater Des Moines!

*** 9 Convenient Metro Locations**

Join by October 31, 2010 and Receive 100% off the \$50 JOINING FEE!

YMCA Features: Join one, Join all locations.

Variety of Cardiovascular Equipment: Treadmills, Elliptical Cross-trainers, Arc Trainer
Quality Strength Training Equipment
Swimming Pools at Every Branch
Racquetball/Handball Courts at Ankeny & Riverfront
Low Cost Programs for all ages

Membership Benefits (no cost to members)

Four Specialized Wellness Coaching Sessions
Aerobics Classes Including Pilates, Kick Boxing, Cycling and Yoga
Full Usage of All the Greater Des Moines YMCAs

YMCA Membership Rates:

<u>Monthly Rate</u>	
Adult	\$52.50
Two Adults with or w/o kids	\$75.50
One Adult with kids	\$63.50
Senior 65+	\$37.50
Two Seniors 65+	\$59.50



State of Iowa Employees Free One-Week Pass To The YMCA

Name: _____ Phone: _____ Birth Date: _____

Address _____ Apt/Lot # _____ City _____ State: _____ Zip: _____

Must Be Redeemed by October 31, 2010